

INSIDE: N. KOREA AMPS UP ITS THREATS

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PAPER
INSIDE



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A close-up photograph of a person's hands working on a piece of light-colored wood. A yellow tape measure is stretched across the wood, showing markings from 1 to 5 inches. The person is using a red utility knife to make a precise cut along the edge of the tape measure. The background is blurred, focusing on the hands and the wood.

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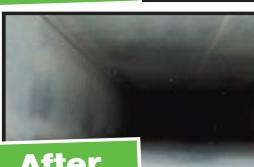
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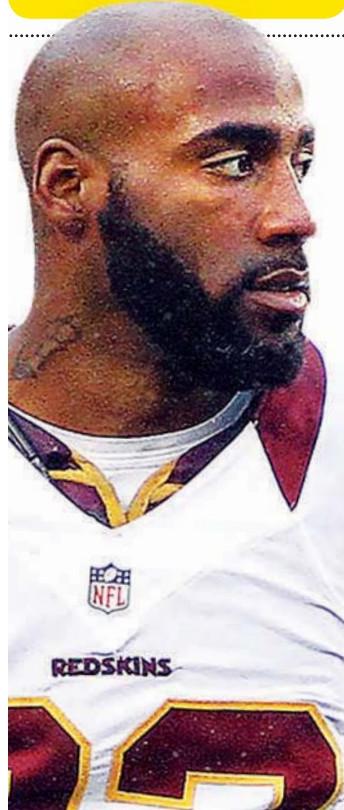
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Tuesday



A BUSINESS DECISION

Redskins release
veteran cornerback
DeAngelo Hall **13**

FALLING FLAT

Judge halts NYC's
ban on supersize soda,
calling it arbitrary **3**

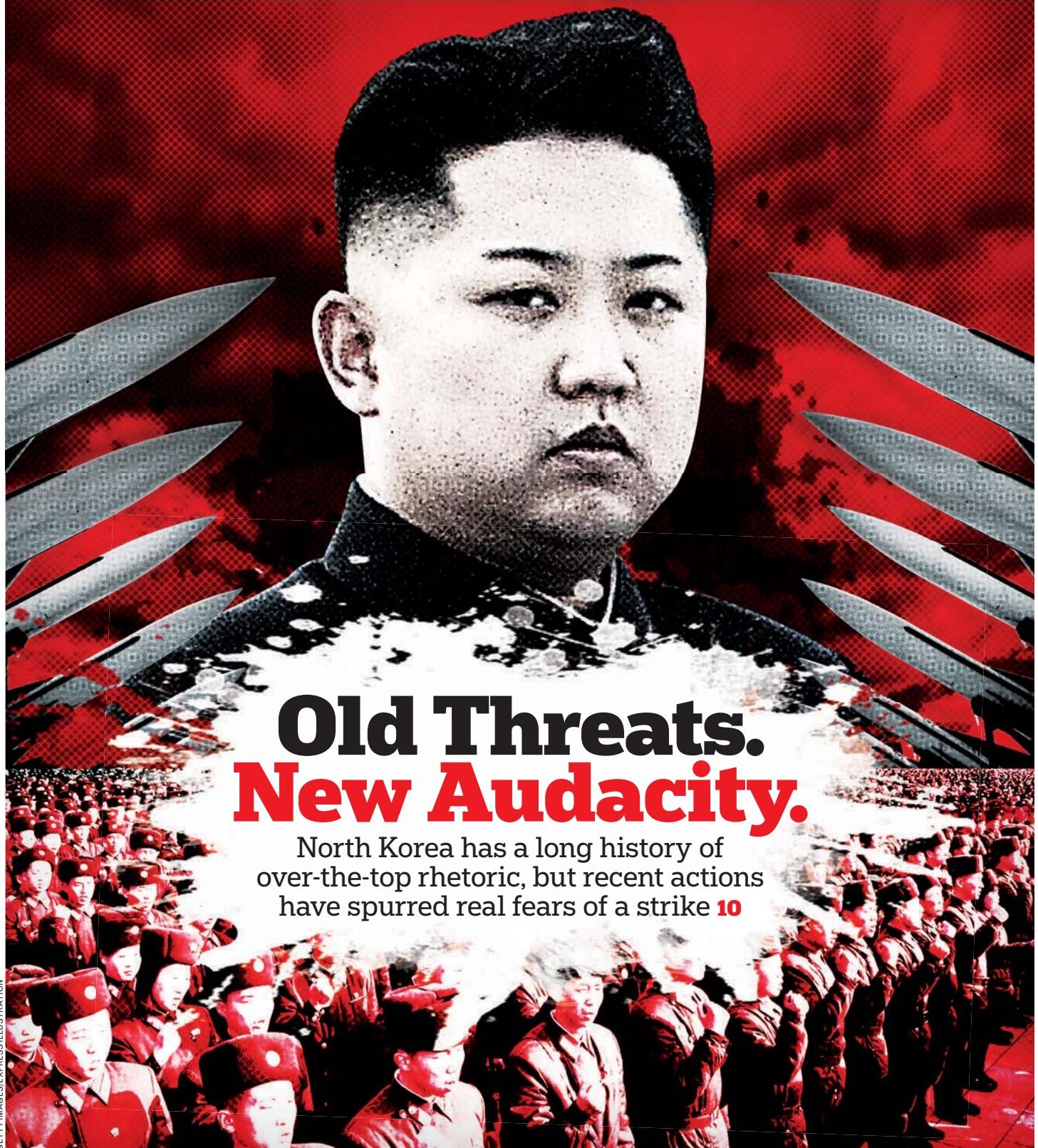
'PUP-LATES'

A dogged workout
at a Rockville studio
sets tails wagging **16**



FOR EXTENDED FORECAST, SEE PAGE 29

MARCH 12, 2013 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



Old Threats. New Audacity.

North Korea has a long history of over-the-top rhetoric, but recent actions have spurred real fears of a strike **10**

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PARENTING

Dad Can Never Again Criticize Son's Driving

A Texas man has joined his son behind bars after smashing his vehicle into the jail when his visitation request was denied. The Denton County Jail was no longer under lockdown Sunday following the Saturday incident. Sheriff Will Travis says the father was "extremely under the influence." (AP)

LAZY

Cab Alternatives: Hitchhike; Walk; Fake Injury and Call 911

Police in Pennsylvania allege that a man fabricated a story about being the victim of a hit-and-run last month because he wanted a ride home. The man was walking through Salem Township at about 1 a.m. Feb. 8 when he called for help. He told responders he'd been struck by a pickup, but they could find no injuries. He eventually said he made up the story. (AP)

LAWN MOWERS

'That Craftsman's a Beaut! Wish I Could Give Her a Spin'

A Steuben County, N.Y., man is in the county jail after state police charged him with drunken driving on a stolen lawn mower. Troopers say police agencies were told to be on the lookout for a stolen Craftsman lawn mower Wednesday. Patrols found 28-year-old George Barkley driving it on a village street. (AP)

© **The Big Picture**

MATT GADE/KALAMAZOO GAZETTE-MLIVE MEDIA GROUP/AP



THE WAIT IS OVER Chief Warrant Officer 3 Todd King sneaks a peek at his 3-year-old grandson Seth Byers after his return home from Afghanistan on Saturday. More than 160 soldiers from the 507th Engineer Battalion returned to Portage, Mich., after a 10-month deployment.

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Judge Cans NYC's Big-Soda Ban

N.Y. court tosses the much-mocked law; city plans to appeal

New York

A judge struck down New York City's ban on big sugary drinks Monday just hours before it was supposed to take effect, ruling that the first-in-the-nation measure applies to only some sweet beverages and only some places that sell them.

"The loopholes in this rule effectively defeat the stated purpose of this rule," state Supreme Court Justice Milton Tingling wrote in a defeat for Mayor Michael Bloomberg and a victory for the beverage industry and others who challenged the 16-ounce limit on sodas and other high-calorie drinks. The restriction was supposed to start Tuesday.

The city said it will appeal the ruling as soon as possible. Michael Cardozo, the city's corporation counsel, said the city was confident the ban would ultimately be upheld.

The Board of Health approved the measure in September in the



A poster refers to New York's large-beverage ban, which was overturned Monday.

"Everyone making jokes [about] the soda ban being overturned hasn't actually bought a Big Gulp in a very long time."

— TWITTER USER

@JASONCHERKIS. (7-ELEVEN'S BIG GULPS WERE ACTUALLY NOT INCLUDED IN THE BAN, THE TYPE OF LOOPHOLE THAT LED TO THE JUDGE'S DECISION.)

latest attempt by Bloomberg to improve New Yorkers' eating habits. Previously, City Hall forced chain restaurants to post calorie counts on their menus, barred artificial trans fats in restaurant food and prodded food manufacturers to use less salt.

Restaurant inspectors had planned to start enforcing the rule in March, but city officials said they wouldn't seek fines — \$200 for a violation — until June.

Sticking Points?

"Sugary beverages" larger than 16 ounces could not be sold at New York City's food-service spots under the ban. At self-service soda fountains, cups larger than 16 ounces weren't allowed. Only outlets that get health-department grades were included, so supermarkets and convenience stores (including 7-Eleven and its Big Gulps) weren't affected. There was no ban on refills. Banned beverages were those with more than 25 calories per 8 ounces, either sweetened by the manufacturer or mixed with a caloric sweetener.

(THE WASHINGTON POST)

City officials have called the size limit a pioneering attempt to improve public health. They point to the city's rising obesity rate — about 24 percent of adults, up from 18 percent in 2002 — and to studies tying sugary drinks to weight gain. Care for obesity-related illnesses costs government health programs about \$2.8 billion a year in New York City alone, according to city Health Commissioner Dr. Thomas Farley. JENNIFER PELTZ (AP)

In Brief

DETROIT

Former Detroit Mayor Convicted of Corruption



Former Detroit Mayor Kwame Kilpatrick was convicted Monday for a raft of crimes, including a racketeering conspiracy charge that carries a maximum of 20 years in prison. Prosecutors portrayed him as an unscrupulous politician who took bribes, rigged contracts and lived far beyond his means while in office until fall 2008. (AP)

INDIAN WELLS, CALIF.

Quake Rattles California

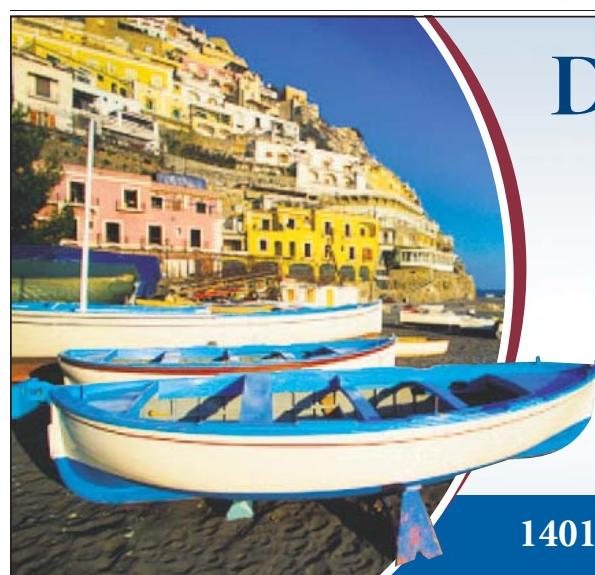
A modest but widely felt earthquake rolled through a large swath of Southern California late Monday morning, but there were no immediate reports of damage. The 9:55 a.m. quake had an estimated magnitude of 4.7, and a number of aftershocks have occurred. The epicenter was near the desert community of Anza, about 100 miles southeast of Los Angeles. (AP)

Correction

The Lookout item "Countdown to Irrelevance" on Monday's page 17 incorrectly stated where PSY will be performing. He will perform in Seoul, South Korea.

479K

The number of times President Barack Obama's administration refused to turn over government records requested under the Freedom of Information Act last year, citing exceptions built into the law. The administration fully rejected more than one-third of requests, a slight increase over 2011. (AP)



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Nation

Hearsay



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— A STATUS POSTED ON FORMER SECRETARY OF STATE COLIN POWELL'S FACEBOOK PAGE BY A HACKER, AS POWELL BATTLED TO RETAKE CONTROL OF HIS ACCOUNT MONDAY. THE HACKER POSTED SUCH STATEMENTS AS "YOU WILL BURN IN HELL, BUSH" ON THE FORMER GEORGE W. BUSH ADMINISTRATION OFFICIAL'S PAGE.

School Finds Way to Restore Calm

Chicago

Long before Chicago's latest spasm of gun violence claimed Hadiya Pendleton, 15, the honors student who was killed not far from President Barack Obama's home, there was Derrion Albert, an honors student slain in 2009.

A cellphone video showed the attack in grainy but gruesome detail: A mob overwhelmed the South Side teen, stomping on him and hitting him in the head.

But if the killings illustrate how little things have changed, they also illuminate a different story: how one of America's most notorious schools restored calm. As other districts across the U.S. grapple with secu-

Fighting Violence

Here's a look at some of what Chicago's Fenger High has done since 2009 to combat school violence.

- A new camera system watches students to ID participants in fights.
- A staff member uses a profile on Facebook to monitor students.
- Administrators impose more in-school suspensions.
- To attend events such as prom, students must attend classes at least 90 percent of the time. (AP)

rity, Fenger High School shows how school officials curbed violence with "peace circles," in which students and staffers discuss an incident,

and in-school suspensions as much as with police and armed guards.

This year, there have been fewer than a dozen arrests at Fenger — a fraction of the 200 that occurred in the 2009-10 school year.

For its turnaround, the school has attracted much attention, with educators from as far away as England coming to visit.

But those precious gains could be lost because many of the new initiatives were paid for using federal stimulus money that will run out at the end of the school year. Principal Elizabeth Dozier has no idea where she will get more funding.

"Could things return the way they were?" asked Dozier. "In a heartbeat." (AP)



ASTRONOMY

Night Visions

Now's your chance to see the comet that passed within 100 million miles of Earth last week. At twilight Tuesday, the Pan-STARRS comet will be visible above the western horizon, near a crescent moon. Astronomer Tony Phillips says the sun may make it difficult to see, but the moon will be "super beautiful." (AP)



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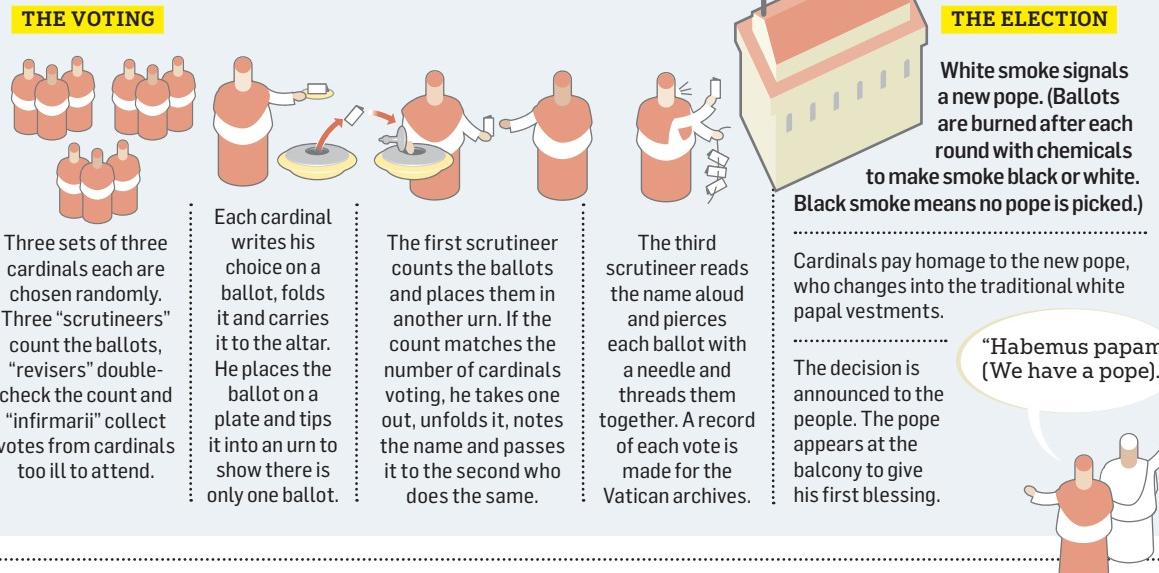
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Toledo	\$69



Enjoy the journey.SM

Picking the Next Pope

On the first day of the conclave, 115 cardinals gather in the Pauline Chapel in the Apostolic Palace and proceed to the Sistine Chapel. They meet twice a day, casting two rounds of ballots in the morning and two in the afternoon. At least two-thirds (77) must agree on the new pope. (AP)



In Brief



A woman weeps for her son, Ram Singh, who died Monday at a jail in New Delhi. (MANISH SWARUP/AP)

Uncertainty Precedes Conclave

Array of options seen as cardinals gather to elect a new pope

Vatican City

Cardinals enter the Sistine Chapel on Tuesday to elect the next pope amid more upheaval and uncertainty than the Catholic Church has seen in decades: There's no front-runner, no indication how long voting will last and no sense that a single man has what it takes to fix the church's many problems.

On the eve of the vote, cardinals offered wildly different assessments of what they're looking for



Out of Sight

Emeritus Pope Benedict XVI has only been seen once since retiring Feb. 28, in a photo snapped by a paparazzo hiding in a tree. The Vatican rarely even speaks of him, part of a calculated strategy to show he will play no role in selecting his successor. (AP)

in a pope and how close they are to a decision. It was evidence that Benedict XVI's surprise resignation has continued to destabilize the church leadership and that his final appeal for unity may go unheeded, at least in the early rounds of voting. Seventy-seven votes are required to win election.

Still, the buzz in the papal

"This is a great historical moment, but we have got to do it properly. ... That's why there isn't a real rush."

— CARDINAL WILFRID FOX NAPIER, ON THE UPCOMING PAPAL CONCLAVE

stakes swirled around Cardinal Angelo Scola, an Italian seen as favored by cardinals hoping to shake up the powerful Vatican bureaucracy, and Brazilian Cardinal Odilo Scherer, a favorite of Vatican-based insiders intent on preserving the status quo.

Cardinals held their final closed-door debate Monday over whether the church needs more of a manager to clean up the Vatican's bureaucratic mess or a pastor to inspire the 1.2 billion faithful in times of crisis.

The fact that not everyone got a chance to speak was a clear indication that there's still unfinished business going into the first round of voting. NICOLE WINFIELD (AP)

NEW DELHI

Police: Suspect Charged In Gang Rape Dies in Jail

Police said a man on trial for the gang rape and fatal beating of a woman aboard a New Delhi bus committed suicide in an Indian jail Monday, but his lawyer and family say he was killed. Ram Singh, who was accused of driving the bus on which the 23-year-old was raped in December, was under suicide watch when he hanged himself, police said. (AP)

DAMASCUS, SYRIA

6 Killed in Shelling

Mortar shells struck a predominantly Christian neighborhood and a football stadium at game time in Damascus on Monday, killing six civilians and wounding at least 24 in what appeared to be an escalating campaign by rebels to sow fear in the Syrian capital. (AP)

TRIPOLI, LIBYA

Tainted Alcohol Kills 51

Libyan Health Minister Nouri Doghman on Monday said that 51 people have died over the past three days from drinking homemade alcohol tainted with methanol. An additional 330 people were sickened by the brew, he said. The country bans the sale and consumption of alcohol. (AP)



ECONOMY

Patience on 'E'

Egyptians have been hit hard by shortages of diesel, which a swath of Egypt's economy relies on. Hundreds of drivers blocked roads in Cairo in protest Sunday, to little avail. Others waited seven hours Monday to fill up at gas stations. (AP)

Insider Attack Elevates Tensions in Afghan Province

Maidan Sharh, Afghanistan

An Afghan policeman gunned down two U.S. special forces on Monday in Wardak province, less than 24 hours after President Hamid Karzai's deadline expired for them to leave the area where residents have grown increasingly hostile toward the Americans.

Despite Karzai's orders, the American special forces remain in the province. The shootout, which

Backstory

Dozens of villagers in Afghanistan's Wardak province accuse U.S. special forces and their Afghan partners of intimidation through beatings, mass arrests and forced detentions. The U.S.-led coalition said it has found no evidence to support the claims. But Afghan President Hamid Karzai ordered U.S. special operations forces to withdraw by midnight Sunday. (AP)

also killed two Afghan policemen, only deepens the distrust.

Afghan police Sgt. Agha Mirza summed up the sentiment toward U.S. special forces.

"They are always disturbing the people," Mirza said Sunday. "If they disturb me, I have a gun."

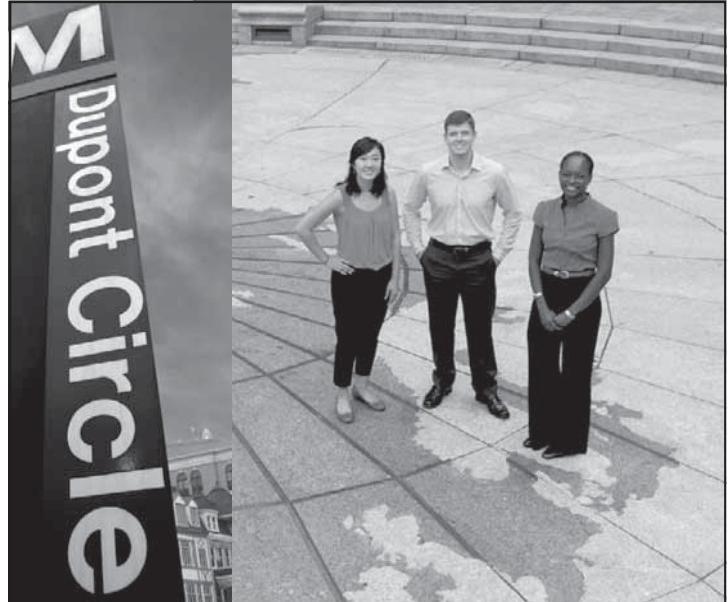
Most international forces are scheduled to withdraw from Afghanistan by the end of 2014. Wardak, like the rest of the country, is slated to be eventually handed over to Afghan forces. (AP)

PORT-AU-PRINCE, HAITI

Clinton Charity Awards \$700K in Grants to Haiti

A charity for former President Bill Clinton on Monday awarded more than \$700,000 to develop Haiti's agriculture sector after the 2009 earthquake. The Clinton Foundation said the grants will go toward efforts to plant trees, build a coffee farm and train farmers. (AP)

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World

In Venezuela, Focus Is on Election

Chavez fans block opposition candidate from registering

Caracas, Venezuela

Hugo Chavez's hand-picked successor, Nicolas Maduro, turned the nation's electoral commission into a stage for a massive campaign rally Monday, bringing thousands of cheering, crying, music-playing supporters with him as he registered his candidacy in an April 14 vote to replace the dead president.

The massive crowd blocked opposition candidate Henrique Capriles from registering by the deadline at 2 p.m. local time, and he asked election officials to extend the registration period.

Thousands applauded from a plaza outside the National Election Commission, waving banners and holding up posters of Chavez, let-

The Candidates



Nicolas Maduro, 50, Venezuela's acting president who served as Hugo Chavez's vice president, once drove a bus and later rose through the ranks of the trade union movement. Chavez named Maduro as his heir before Chavez's cancer surgery in December.



Henrique Capriles, 40, lost last year's presidential vote to Hugo Chavez in October, though the opposition leader secured 45 percent of the vote. Capriles characterizes himself as a left-of-center progressive. (AP/THE WASHINGTON POST)

ting out a loud cheer when Maduro arrived to sign his election papers.

Opposition supporters denounced the stage-managed event as an affront to basic electoral fairness. The electoral commission is meant to play an impartial role.

Campaigning doesn't officially start until April 2, but already the two sides are at each other's throats.

Capriles announced his candidacy Sunday, while blasting

Chavez's top lieutenants for trying to use the president's death to stoke passions and tilt the election.

"You are playing politics with the president's body," he said, adding that he wasn't convinced the government had been honest about when Chavez died. It says Chavez succumbed to cancer last Tuesday.

On state TV on Sunday, Maduro accused "the losing, miserable candidate" of defaming Chavez. (AP)

2,800

The approximate number of pig carcasses that have floated into the Chinese financial hub of Shanghai and been removed recently, officials said Monday. The rise in dumping of dead pigs upstream comes in the wake of a campaign to curb illicit trade in sick pig parts. The revolting images have spurred a public outcry amid fears over drinking water contamination, though officials say the water is safe. (AP)

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Metro Is Behind the Times, Again

Riders charged peak fares for an extra hour after the time change

Washington

Once again, clocks around the country were shifted an hour last weekend to accommodate daylight saving time. And, once again, Metro seemed to have a problem keeping up with the time.

Clocks were pushed forward early Sunday morning, disrupting sleep patterns and leaving the nation's microwaves an hour behind. The lost hour also meant a costlier commute for some Metro

riders Monday morning when peak fares, which are supposed to last until 9:30 a.m., were charged until 10:30 a.m.

Metro spokeswoman Caroline Lukas said she didn't know what caused the additional hour of peak fares, and she wouldn't speculate on whether the problems stemmed from the daylight saving time change.

All affected riders would have the additional fare refunded to their cards upon the next entry to the transit system, Lukas said.

For riders who have been told to expect fare hikes every other year, the difference between peak and off-peak fares can be substantial.

Cyclist Killed

Montgomery County, Md., police say a bicyclist was struck and killed when he rode into an intersection on a red light in downtown Silver Spring on Sunday. The collision occurred shortly after 9 p.m. at Silver Spring Avenue and Fenton Street. Police say Jesus Antonia Hernandez, 23, of Silver Spring was not wearing a helmet. No charges have been filed. (AP)

Someone who commutes between Vienna and King Street or between Shady Grove and L'Enfant Plaza can save \$5 a day by avoiding both peak windows.

Hans Bader of Arlington times his commute on the Orange Line so he can avoid peak fares.

"It's very frustrating," said Bader, 43, an attorney. "You try and economize and you end up paying the full fare anyway, even though you attempted to time your commute to minimize the cost to your family."

This is the second consecutive time Metro has had an issue when the clocks have changed.

In November, Metro was supposed to remain open an extra hour as clocks turned back, but the system shut down early. Riders counting on Metro to get home were stranded.

MARK BERMAN (THE WASHINGTON POST)

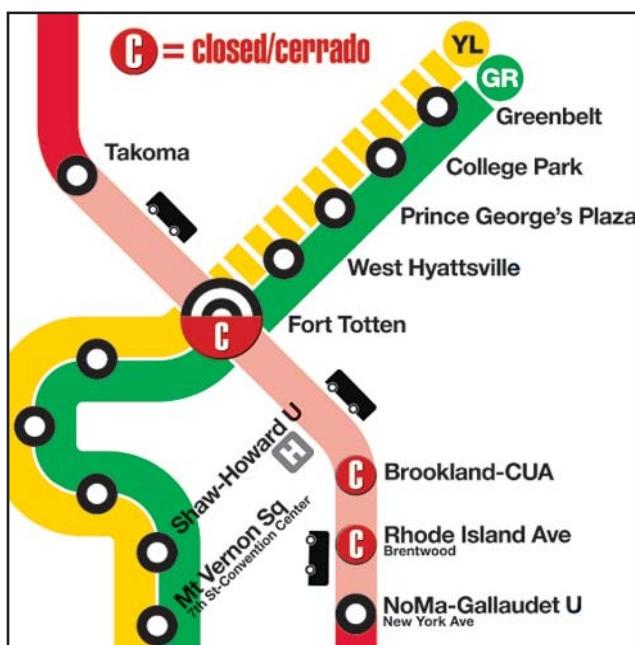
AAA: D.C. Took In \$92M From Parking Fines

Washington

In a city that routinely deals in billions and trillions of dollars, \$92 million might sound like a trifile but for the way it was extracted: one parking ticket at a time.

Almost 1.9 million parking tickets were issued in the District in fiscal 2012, according to data that AAA obtained through a Freedom of Information Act request. Though that amounted to about 125,000 fewer tickets than the year before, more people who received them paid the fines, so the \$92 million in revenue remained the same as in fiscal 2011. (THE WASHINGTON POST)

TRACK WORK THIS WEEKEND



From Friday, March 15 at 10 p.m. to Sunday, March 17 at closing: Buses replace trains on the Red Line between NoMa-Gallaudet U and Takoma while Metro rehabilitates platforms. For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.



SINGLE TRACKING
THIS WEEKEND

BETWEEN

OR Stadium Armory - Cheverly
OR East Falls Church - West Falls Church

Weekend train schedules are adjusted for MetroForward rebuilding efforts. Please allow extra travel time. For details, go to wmata.com/alerts.

Local

D.C. Drive-By Shooting Wounds 13

Violence draws attention to clubs in NE neighborhood

Washington

A drive-by shooting early Monday on a D.C. street corner that has been repeatedly touched by violence left 13 people wounded, including one seriously, police said.

The shooting took place on North Capitol Street at New York Avenue in front of Tyler House, a crime-plagued subsidized apartment complex that police said is one reason the neighborhood has struggled with gun violence even as redevelopment in nearby "NoMa," or north of Massachusetts Avenue, has redefined the area.



The shooting occurred in front of Tyler House on North Capitol Street in Northeast.

Those wounded in the shooting — the youngest of whom was 17 — were struck mostly in the arms and legs, D.C. Police Chief Cathy Lanier said.

"They [were] shooting like

directly at us. It coulda been a bloody mess," said Jonique Douglas, 21, who had just come out of the Fur Nightclub around the corner and was standing in front of Tyler House when the shots rang out.

Police say that patrons leaving the mega club, which can hold 1,200 customers, after its 2 a.m. closing frequently congregate in front of the apartment complex, but officials were unable to say specifically whether a fight or dispute precipitated Monday's shootings.

Authorities said there are many possible motives in the volatile neighborhood and nothing has been ruled out as a reason.

Still, Monday's violence, as well as shootings that wounded a total of seven people on consecutive weekends in front of the nearby Big Ben Liquor Store in October, has drawn attention to the clubs, which like Tyler House, existed long before the neighborhood attracted developers. PETER HERMANN AND MATT ZAPOTOSKY (THE WASHINGTON POST)

Group Calls for \$100M To Reduce Poverty in D.C.

Washington

Poverty levels in the District have climbed steadily since the beginning of the economic downturn, with 1 in 3 children now living below the federal poverty line, according to data released last week by the D.C. Fair Budget Coalition, a network of advocacy groups.

In an event co-sponsored with five D.C. Council members, the group called for the District to allocate an additional \$100 million in fiscal year 2014 to reduce poverty.

The ultimate goal, the group said, is to move 300 families out of homeless shelters and into permanent homes. Among other items,

the proposal calls for a \$20 million investment toward affordable housing, \$4 million for adult education and \$1.75 million for additional beds at area shelters.

The federal poverty line for a family of four is an annual income of \$23,550. Nearly 1 in 5 D.C. residents live on less than that, according to council member Jim Graham, one of the co-sponsors of the event.

"The city has too many jobs that don't pay enough for people to make ends meet," said Ed Lazere, executive director of the D.C. Fiscal Policy Institute, an advocacy group.

Next year's budget is expected to be released in the coming weeks.

ABHA BHATTARAI (CAPITAL BUSINESS)

In Brief

WASHINGTON

Bonds Gets More Backing In D.C. Special Election



Bonds

D.C. Council member Muriel Bowser threw her support behind Anita Bonds' council campaign Sunday, becoming only the second council member to publicly get behind a candidate in the special election.

Bonds, the chairwoman of the D.C. Democratic State Committee, is one of seven candidates vying for a D.C. Council at-large seat in the April 23 special election. In December, the state committee selected Bonds to temporarily fill the seat. (TWP)

WASHINGTON

Sellers Are Returning To D.C. Housing Market

New home listings increased more than 13 percent across all property segments in February compared with January, according to a report released Monday. The uptick is a welcome sign in a market that has been as dormant as the area's flowers in the past few months. (TWP)

WASHINGTON

Teacher Admits to Texts

A D.C. high school teacher who was arrested last week on a child pornography charge has admitted to sending sexually explicit text messages to approximately 10 students during his career, according to court documents. (TWP)

The Lotteries

Monday, March 11

Maryland

	District	Virginia
Mid-day Pick 3.....	2-9-5	Mid-day Pick 3..... 0-6-8
Evening Pick 3 (Sun.).....	4-7-2	Evening Pick 3 (Sun.)..... 8-4-1-6
Mid-day Pick 4.....	0-4-5-4	Mid-day Cash 5..... 13-15-16-26-34
Evening Pick 4 (Sun.).....	6-0-4-5	Mid-day Pick 4..... 2-0-2-3
Match 5 (Sun.).....	5-6-3-1-5	Evening Cash 5 (Sun.)..... 7-8-16-30-34
	1-0-6-5-8	

Virginia

Mid-day Pick 3.....	0-6-8	Evening Pick 4 (Sun.)..... 8-4-1-6
Evening Pick 3 (Sun.).....	6-5-0	Mid-day Cash 5..... 13-15-16-26-34
Mid-day DC 4.....	2-0-2-3	Mid-day Pick 4..... 2-0-2-3
Evening DC 4 (Sun.).....	5-6-3-1-5	Evening Cash 5 (Sun.)..... 7-8-16-30-34
Mid-day D.C. Five	1-0-6-5-8	

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

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SATURDAY MAR 16

SUNDAY, MARCH 17
YACHT ROCK REVUE

WEDNESDAY, MARCH 20
IVAN NEVILLE'S DUMPSTAPHUNK
W/ THE LONDON SOULS

FRIDAY, MARCH 22
INGRATITUDE: A TRIBUTE TO EARTH, WIND & FIRE

SATURDAY, MARCH 23
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GOLD BOOTS GLITTER CD RELEASE SHOW

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Cover Story



South Korean soldiers set up a fence Monday in Paju, South Korea, while practicing for a possible attack from the increasingly hostile North.

N. Korea Threatens New Aggression

Increasingly brazen North says armistice is ‘scrapped,’ as U.S., South renew drills

Seoul, S. Korea

North Korea said Monday that it had “completely scrapped” the 1953 armistice agreement that ended the Korean War, following up on a threat made days earlier and increasing the prospect of a strike against or a skirmish with the South, analysts said.

The North has made similar announcements in the past, most recently in 2009, and analysts said this latest declaration could prove to be bluster rather than the marker of a wholesale shift in Pyongyang’s dealings with Seoul. Experts also note that Pyongyang has occasionally ignored the cease-fire terms, most notably with fatal attacks on the South in 2010.

Still, the armistice has kept a shaky peace on the peninsula for 60 years, and the North’s apparent withdrawal — cou-



Leaving a Message

North Korea also followed through on another promise Monday: It shut down a Red Cross hotline that North and South Korea used for general communication and to discuss aid shipments. Still, the two Koreas continue to have at least two working channels of communication between their militaries and aviation authorities. One such hotline was used Monday to give South Koreans approval to enter North Korea for work. (AP)

pled with its severing of a communications hotline at the demilitarized border Monday — makes it more difficult for South Korea and the U.S. to prevent or resolve disputes with Pyongyang.

Anxiety about the North is particularly high for the U.S. and its allies because they have little insight into the decision-making style of Kim Jong Un, the young leader who took power in December 2011 and now appears to be using the same brand of brinkmanship his father once did.

The North on Monday seemed to be trying to amplify that sense of unease, with its state-run newspaper saying in an editorial, “As the armistice agree-

Nuclear Warnings



The Threats

Kim Yong Chol, a top intelligence official, threatened a “precision nuclear strike” against the U.S. on North Korean state television Thursday. Kim also visited troops on several Yellow Sea islets, not far from a South Korean isle that was shelled in 2010. According to a state media account, Kim “reconfirmed in detail reinforced firepower strike means and targets of the enemy.”



The Risk

The North’s rocket test in December and third nuclear test last month may have pushed the country a step closer to acquiring the ability to hit the U.S. with weapons of mass destruction. But analysts say Pyongyang is still years away from acquiring the nuclear warheads needed for a credible nuclear missile program. (TWP/AP)

ment has been nullified, no one can expect what will happen next.”

Though Pyongyang regularly makes threats about “sacred war” and attacks on “hostile imperialists,” the rhetoric in the past few days has been particularly fiery — a response to ongoing U.S.-South Korean military drills and the latest round of U.N. Security Council sanctions against North Korea, approved Thursday.

“We are certainly concerned by North Korea’s bellicose rhetoric.”

— WHITE HOUSE SPOKESMAN JAY CARNEY TOLD REPORTERS MONDAY. THE OBAMA ADMINISTRATION ON MONDAY ISSUED NEW SANCTIONS AGAINST THE COMMUNIST NATION’S PRIMARY EXCHANGE BANK AND SEVERAL SENIOR GOVERNMENT OFFICIALS.

“They’re giving all the motions to make us believe that some sort of provocation is coming,” said Ken Gause, an expert on North Korean leadership. “Provocations are not necessarily imminent, but the probability is higher ... and the ability to manage a provocation is much more difficult if they have withdrawn from the communication channels that existed under the armistice.”

Gause added that the North’s latest threats were more specific than usual — an escalation that has experts “scratching their heads about how willing they are to push the envelope.”

Many experts think that the North, by raising tensions and pulling away from lines of communication, is trying to pressure the U.S. into bilateral talks. In such talks, those experts believe, the North would seek a peace treaty, a major reduction of U.S. troops in the region, and recognition as a nuclear state — a concession that Obama administration officials say they refuse to consider. ANNE GEARAN AND CHICO HARLAN (THE WASHINGTON POST)

Oddball Diplomacy



Ex-NBA star Dennis Rodman made an improbable visit to North Korea in recent weeks, traveling with the Harlem Globetrotters team for a new HBO series produced by New York-based VICE television. Rodman said on ABC’s “This Week” that he told Kim Jong Un: “Obama loves basketball. Let’s start there” as a way to warm up relations between the U.S. and North Korea. (AP/TWP)

BIG EAST TOURNAMENT PREVIEW

Parting Shots

The Big East is breaking up. The Catholic 7 are keeping the name and Madison Square Garden as their postseason stage; Louisville, Notre Dame, Pittsburgh and Syracuse are going to the ACC; Rutgers is headed to the Big Ten; and the rest of the league is going to be part of a renamed conference. All together for one last time, which team will make a lasting impression at the Big East tournament? JEFFREY TOMIK (EXPRESS)

**THE FAVORITE****Georgetown**

Georgetown has won 12 of its last 13 games, and the top-seeded Hoyas have the best player in the conference in Otto Porter Jr. The sophomore forward was second in the Big East in 3-point shooting (44.0 percent) while also averaging a team-high 7.5 rebounds. Georgetown is one of the best defensive teams in the country, but it needs its guards to hit shots from the outside to win. Will the Hoyas' supporting cast provide enough help for Porter?

THE SLEEPER**Villanova**

The Wildcats have been wildly inconsistent this season. During a five-game stretch in nonconference play, they lost to Alabama, Columbia, La Salle and Temple. But Villanova also has wins over Louisville, Syracuse and Georgetown — all when those teams were ranked in the top five. The Wildcats have a balanced attack with five players averaging between 8.8 points and 12.9 points a game, but sophomore forward JayVaughn Pinkston is the key to their success.

**THE PREDICTION****Louisville**

The Cardinals are the most complete team in the conference and have won 10 of their last 11 games. They have a proven leader (Peyton Siva), an elite score (Russ Smith), an interior defender (Gorgui Dieng) and a do-everything glue guy (Chane Behanan). Louisville's pressure defense forced a Big East-leading 18.5 turnovers per game. The Hoyas are the top seed, but the Cardinals are the most talented team in the league and will win the Big East tournament.

Tournament Schedule

The Big East tournament starts Tuesday and runs through Saturday. All games will be played at Madison Square Garden in New York.

TUESDAY'S FIRST ROUND

No. 12 Seton Hall vs. No. 13 South Florida
7 p.m., (ESPNNU)

No. 11 Rutgers vs.
No. 14 DePaul
9:30 p.m. (ESPNU)

WEDNESDAY'S SECOND ROUND

No. 8 Providence vs.
No. 9 Cincinnati
Noon (ESPN)

No. 5 Syracuse vs.
Seton Hall/USF
2:30 p.m. (ESPN)

No. 7 Villanova vs.
No. 10 St. John's
7 p.m. (ESPN2)

No. 6 Notre Dame vs.
Rutgers/DePaul
9:30 p.m. (ESPN2)

THURSDAY'S QUARTERFINALS
No. 1 Georgetown vs. Providence/
Cincinnati
Noon (ESPN)

No. 4 Pittsburgh vs.
Syracuse/
Seton Hall/USF
2:30 p.m. (ESPN)

No. 2 Louisville vs.
Villanova/St. John's
7 p.m., (ESPN)

No. 3 Marquette vs.
Notre Dame/
Rutgers/DePaul
9:30 p.m. (ESPN)

FRIDAY'S SEMIFINALS
7 p.m. and 9:30 p.m.
(ESPN)

SATURDAY'S FINAL
8:30 p.m. (ESPN)

THE PLAYERS**Five to Watch**

► **Otto Porter Jr., Georgetown:** The likely Big East player of the year has averaged 22.0 points in his last five games for the top-seeded Hoyas.

► **Bryce Cotton, Providence:** The unheralded guard led the conference in scoring, averaging 19.6 points a game.

► **Chris Obekpa, St. John's:** Louisville's Gorgui Dieng won Big East defensive player of the year, but Obekpa led the conference in blocks (4.1 per game).

► **Michael Carter-Williams, Syracuse:** He averages a conference-high 7.6 assists per game but also turns the ball over at a high rate (3.4 times per game).

► **Davante Gardner, Marquette:** The Golden Eagles need their big man to go far. He averaged just 2 points per game in their last three losses.

NCAA TOURNAMENT**What's at Stake?**

► **For Louisville and Georgetown:** Each team has a chance for a top seed if either wins the Big East title.

► **For Marquette, Pittsburgh, Syracuse and Notre Dame:** They are locks to make the NCAA tournament, but they could land a higher seed with a Big East title win.

► **For Villanova and Cincinnati:** They are probably in the NCAA tournament, but a loss in their first game could jeopardize their chances.

► **For Providence:** With a run to the Big East final, the Friars could make a case for an at-large berth.

► **For the rest of the field:** They would likely have to win the Big East title in order to get an NCAA invite.

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You may be eligible to participate in the study if you have abnormal glucose levels. If not eligible, volunteers will be offered dietary counseling and, if needed, follow-up in the NIH endocrine clinic for up to 6 months.

Diabetes screening and all study-related tests and medications are provided at no cost. Participants will be compensated.

The NIH Clinical Center, America's research hospital, is located on the Metro red line (Medical Center stop) in Bethesda, Maryland.

Parking is provided at no cost.



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Sports



The Caps defeated Carolina 3-0 on Feb. 26—the teams' only meeting this season.

Carolina on Caps' Minds After a Rough Weekend

Capitals

The Capitals had a difficult weekend vs. a couple of New York teams.

Winners of eight of 11 after Thursday's 7-1 win over the Panthers, Washington sputtered, losing 5-2 to the Islanders on Saturday and 4-1 to the Rangers on Sunday. A rash of untimely penalties felled the Capitals in both games as they returned to their undisciplined ways.

"Tough losses," forward Alex Ovechkin said after Sunday's game. "But refresh our mind, forget these losses, look at the video and be ready for Carolina."

Tuesday will be just the second game of five between Washington (10-13-1) and Carolina (14-9-1) this season. In their only prior meeting, the Capitals cruised to a 3-0 victory Feb. 26, but the Hurricanes were decimated by injuries, missing Jeff Skinner, Jamie McBain and Tim Gleason, all of whom are currently healthy. Carolina, however, will



be without goaltender Cam Ward, who is out for the season with a knee injury, leaving journeyman Dan Ellis and minor league call-up Justin Peters to carry the load.

"It doesn't matter who we're playing, but especially the fact that it's Carolina leading the division right now, we've got to take those games and give us another chance to get back in it," forward Eric Fehr said.

This week's home-and-home series with the Hurricanes could be the pivotal point of the season, which is officially half over. Washington trails Carolina by eight points in the Southeast Division.

"I think it's going to be biggest game for us," Ovechkin said. "It's kind of what we have to need to do: beat the 'Canes and get back on track." ADAM VINGAN (FOR EXPRESS)

TV Lineup

WIZARDS (7 P.M., CSN+)

The Cavaliers will be without Kyrie Irving, who has a sprained left shoulder, as the Wizards come to town.

NHL (7:30 P.M., NBCSN)

Two of the top teams in the Eastern Conference face off in Pittsburgh when the Penguins host the Bruins.

NBA (7:30 P.M., NBATV)

The Heat are riding an 18-game win streak as they host the slumping Hawks, who have lost five of their past six.

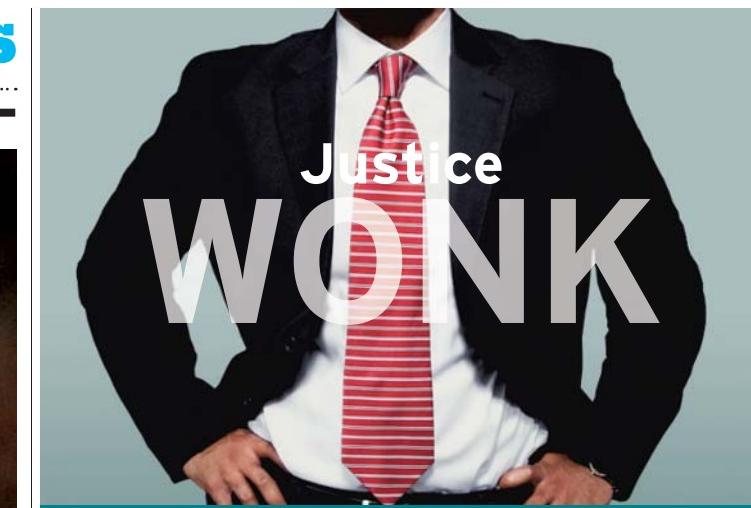
BASEBALL (8 P.M., MLBN)

Team USA plays Puerto Rico in Miami in its first game of the double-elimination second round.

Sports



Cornerback DeAngelo Hall had 19 interceptions and made one Pro Bowl (in 2010) during his five-year stint with the Redskins.



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Redskins Release Hall

Salary-cap situation is reason for parting with veteran corner

Redskins

The Redskins have released cornerback DeAngelo Hall, a person with knowledge of the situation said.

Due to count \$8 million against the cap, Hall was expected to either be released or have his contract restructured.

Washington was \$3 million over the salary cap last week because of the \$18 million penalty they had to absorb this year and are expected to make more roster moves.

Hall had been willing to restructure his deal, but Washington opted instead to release him and clear \$8 million off its books for 2013.

Hall confirmed the release when reached by phone Monday after-

Meanwhile ...

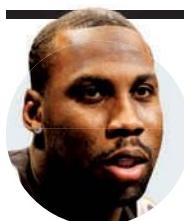
Redskins general manager Bruce Allen said Monday the team will continue to consider its options in the salary-cap case but has no current plans to file a lawsuit over the matter. Allen said he remains hopeful the team still can regain some of its lost salary-cap space. "I would hope so," he said. But Allen declined to specify what options the Redskins believe they still have to try to recoup cap space. "There are some," he said. "We're just going to continue. We'd like to know the truth." Allen denied that the Redskins have contemplated filing a lawsuit. However, other people familiar with the situation have said the Redskins have given consideration to legal action. **MARK MASKE (THE WASHINGTON POST)**

noon. He said that coach Mike Shanahan called him and told him that the team had hoped to keep him, but because of their situation caused by the \$18 million salary-cap hit they must absorb this year (the second part of a \$36 million penalty leveled last year by the league for how Washington structured contracts in the uncapped 2010 season), they had to release him.

"I understand the business side

of things," Hall said. "I thanked him for the opportunity and wished them luck. Mike said he really felt bad because I had done everything they asked. Kept getting better, kept working hard, kept leading.

"So he really felt bad. I told him I understand the business side of things. I just wish it had happened sooner than later. But it came down the wire." **MIKE JONES (THE WASHINGTON POST)**



Big Catch Out West: Wide receivers Anquan Boldin, shown, and Percy Harvin will be playing for NFC West teams next year. The Minnesota Vikings agreed to trade Harvin to Seattle for a package of draft picks that includes the Seahawks' first-round selection next month, No. 25 overall. The San Francisco 49ers acquired Boldin from the Baltimore Ravens for a sixth-round draft pick. Both must pass physicals to complete the deals. (AP)



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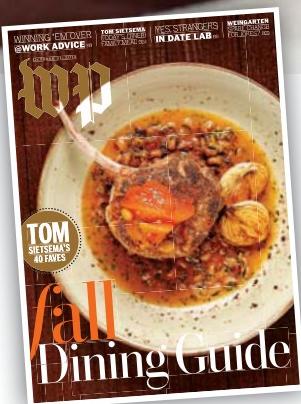
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Guinea Pig | Mixed Bags

Some people take honey in their tea. Others go for milk. So what about beets? Numi Organics has developed Savory Tea (\$8 for 12 bags, Whole Foods), blends packed with veggies and herbs — and five calories or less. All six flavors (such as Broccoli Cilantro, which has an ingredient list that includes celery, onion and sage) smell just like soup. But they taste just like tea. Although the peculiar combos won't go with crumpets, they might with a cleanse.

PHOTOS BY JASON HORNICK/FOR EXPRESS



Rockville Zoom Room owner Steve Mulder, left, holds a FitPAWS disc steady while client Mary Bonventure helps her dog Gromit stand. The 15-year-old dog has an easier time with a series of low jumps, right.

Work Your Tail Off

Zoom Room keeps dogs active in their golden years with Pup-lates exercises

Zoom Room seems like the sort of place that would offer Pilates.

Customers entering the spotless studio that opened last month in Rockville are tempted with a display of organic nibbles. There's a lot of funny-looking equipment set up. And when Mary Bonventure, 30, walked in Thursday night, owner Steve Mulder greeted her by asking, "How's the leg today?"

But because Zoom Room is actually the sort of place that offers Pup-lates — a strength and balance-building class for dogs — the question wasn't about Bonventure. It was about Gromit, her 15-year-old

springer spaniel, who answered by falling splat on the ground.

"Think of Pup-lates as low-impact aerobics that works on strengthening the core," says Mulder, a former lobbyist who's now pushing Zoom Room, a doggie gym from L.A. that's spawned franchises across the U.S. At Mulder's location (11771 Rockville Pike; 301-825-9113, Zoomroomonline.com), the first in the D.C. area, pets and their owners can join an agility league, take urban herding workshops and boogie at Doggie Disco parties.

All of it provides exercise for dogs — and humans, who have to scramble to stay within 2 feet of their furry friends at all times. But only Pup-lates offers a way to keep pooches moving even after they're retired from the dog park.

"This improves the life of an

Perfect Partner

Owner Steve Mulder takes the Zoom Room tagline ("We don't train dogs. We train the people who love them.") seriously during the Canine Cross-Training classes, which give dog owners a burst of high-intensity cardio while they're playing with their pets. They jump over hurdles together and partner up for sit-ups (at the top of each rep, humans kiss their pooches). Customers can also book private gym time (\$20/half hour), which 41-year-old Stefanie Lehmann says is just as much a workout for her as it is for Lula, her 3-year-old Cavachon.

older dog who doesn't get out," Mulder says.

He's basically describing Gromit, whose behind constantly quivers as a result of arthritis and hip dyspla-

sia. Not long ago, Bonventure says, Gromit would zigzag around for six miles and still have pep to spare.

"Once she loses her mobility, she won't be happy anymore," Bonventure explained at class Thursday. "The vet said to exercise her and go on walks. But she doesn't want to go on walks. We need to motivate her."

That job fell mostly to Bonventure, as Mulder doesn't handle the dogs directly. Instead, he supervised and suggested exercises, starting with weaving around a series of poles.

Next up came A-Frame, two ramps that connect at a peak. Athletic dogs scamper up and down the structure at its steepest setting, but Gromit needed coaxing to use her hind legs to just barely climb.

"She hates it. It feels like work," said Bonventure, as she used tiny treats to keep Gromit going.

After a quick break, Mulder pulled out a blue inflated disc that looks like human gym equipment.

Gromit looked dubious about placing her paws on the unsteady surface, but with bits of cheese so

"The vet said to exercise her and go on walks. But she doesn't want to go on walks."

— MARY BONVENTRE, WHO TAKES HER DOG TO PUP-LATES AT ZOOM ROOM

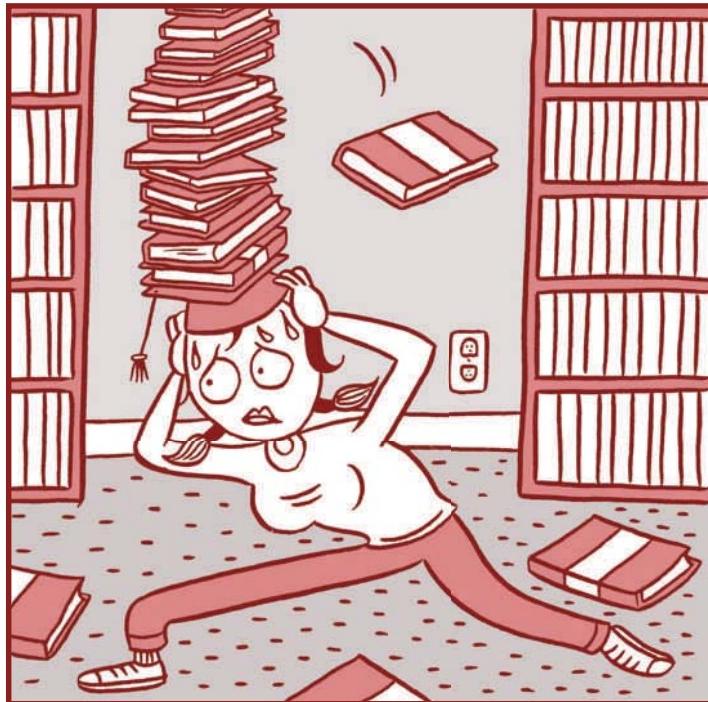
tantalizingly close, she was willing to experiment for a few seconds.

With enough practice, Mulder explains, she'll be balancing on all four legs. So who says you can't teach an old dog new tricks?

VICKY HALLETT (EXPRESS)

● **Pup-lates is held at 5 p.m. Mondays and 6 p.m. Thursdays. Price varies according to the package, starting at five classes for \$150.**

baggage check



Dressed to Stress Her Mother Out

QI am going to be blunt about this. My 14-year-old daughter is too overweight to dress the way she does. She wears provocative clothing and it looks awful and I worry she is giving the wrong impression. She and I battle over her clothes all the time and we're at a standstill. She looks trashy, although I wouldn't use that word to her. Help. **FRUSTRATED MOM**

I urge you to view this problem not as a "my daughter shouldn't wear those clothes because she's too fat to look good" issue but instead as a "my daughter is too young to be dressing provocatively" one.

You might notice that every time you give her the idea that her body is ugly or repulsive or embarrassing, it's only going to push her further away from ever respecting it herself.

When you can have a real discussion, use this sample script: "You are 14 years old, and I'm your mother who loves you dearly. I believe you are too young to wear things that are x, y or z. I'm the parent here and get to set the rules. But I want to hear what you feel good in, so we can go shopping together and find where our middle ground is — and I'll treat you to a few new outfits that we both can agree on."



By Dr.
Andrea
Bonior

Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Stay in School. Or Don't.

QI'm trying to decide whether to go to grad school after college. I know I'm interested in being a therapist but also can't imagine getting a Ph.D. when I am already so burned-out on college. I'm a junior. Any words of wisdom? **TIRIED**

There are ways to become a therapist without getting a Ph.D. — going to a social work master's program is one. But I'm loath to tell anyone to take on a heaping pile of graduate school if they're already feeling burned-out on college, especially since graduate school can have many of the bad aspects of college but with less social life and even more ramen noodles.

You've really got to like school in order for it not to be excruciating (and sometimes it still is). But

look, you also don't have to view your long-range goal as having to begin the moment you graduate. You can look into jobs that appeal to you and might help you decide further whether being a therapist still interests you. That would be anything but time wasted.

It might also garner you some savings and a break from an academic workload. And starting graduate school with more focus and more cash in the bank is never a bad thing.

Event Horizon Winning Warriors

Aspiring "American Ninja Warrior" contestants have until Friday to submit their applications to NBC (Anwtryouts.com). But if you're looking for a surefire way to get to jump off tall things, apply yourself to Ninja Warrior Night at Urban Evolution's Manassas, Va., location (which is also celebrating its first birthday). You're invited to watch or play starting at 6 p.m. Saturday at 8442 Kao Circle. Visit Urbanevo.com for prices and more details.



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fit phys ed

The Bands Played On

Wrist activity monitors are giving local kids an incentive to exercise

Fifth-graders at Patrick Henry Elementary in Arlington know the drill: As soon as they get to phys-ed class, they walk around the gym, gradually speeding up to an all-out run. And in between laps, they take turns at a computer to swipe their Sqords.

The curiously named devices are activity monitors on bright orange wristbands that track just how much each child moves. Every dash for the school bus and jumping jack on the playground translates into points, giving kids an extra incentive to play — and a preview of technology that's likely to be ubiquitous by the time they graduate from high school.

Sqords aren't pedometers, which merely measure steps. They're accelerometers, the same kind of gizmo behind the Nike+ FuelBand, Jawbone Up, Fitbit and other products marketed to adults as a way to keep tabs on overall physical activity.

Although the gadgets for grown-ups tend to emphasize data, especially the number of calories burned, Sqord keeps kids focused on winning medals, competing with pals and sending positive

messages through their "PowerMe" avatars.

"We're big into getting kids moving and keeping them moving through their whole lives," says PE teacher Mike Humphreys, who launched the school's Sqord pilot program two months ago, starting with the fifth-graders and a handful of teachers.

So far, so good — for the most part. Some students were a little too energetic at first, trying to score extra points when they should have been paying attention in class. Now they've figured out other ways to boost their totals.

"I've been told I move when I sleep, so I wear it to bed," 10-year-old Mauricio Zeballos said during a recent PE class, just before Humphreys asked the students whether they had any feedback.

Every hand in the room shot up. The kids want to be able to wear it different ways (not just on their wrists). They want the devices to be more interactive. They want the Web portal to have more ways to communicate with friends.

If it weren't for the fact that one of those raised hands was a request to be excused to use the bathroom, it would have been easy to forget this was a room full of tweens. The issues they raised are the same ones shaping the adult activity tracking



KATHERINE FREY/TWP



Kid Tested

Sqord, left, the activity monitor being tested at Patrick Henry Elementary, is the new kid on the block. It won't be released to the public until this summer. But currently anyone can order up a Zamzee (\$30), a device that looks kind of like a toy car. The Web portal lets users see their minute-by-minute activity, along with all of the "Pointz" — and real-life prizes — this movement is winning them. A recent study of 448 middle-school-aged kids with Zamzee monitors showed that kids with access to the website (and those Pointz) got an average of 45 minutes more moderate-to-vigorous physical activity per week than kids in the control group.

market. And they're the same ones that will determine whether this tracking trend is a fad or a long-term approach to addressing obesity and sedentary behavior.

Companies are busy developing new devices capable of more advanced tracking tricks (see below) in the hopes of harnessing additional data and inspiring extra exercise.

But to make it work for students at Patrick Henry — and for other

"I've been told I move when I sleep, so I wear it to bed."

— MAURICIO ZEBALLOS, 10, A FIFTH-GRADE AT PATRICK HENRY ELEMENTARY

children — the technology needs to become a bit more kid-proof.

Those Sqords are supposed to be able to handle anything an elementary kid can come up with. They can

survive being smashed with a hammer and be submerged in water.

So, how come 10-year-old Rebekka Long didn't get to check on her points at gym class? She lost it.

"The last time I saw it was in my mom's car," she said, proving that some computer geniuses really need to get working on a tracking system for the trackers.

VICKY HALLETT (EXPRESS)

On Track There's a lot of movement in activity trackers this year. Find out what makes these two devices, both coming soon, worth jumping up and down for. v.h.



Amiigo (\$99, Amiigo.co)

Trackers have a tough time deciphering some athletic activities. (For instance, if it's on your wrist, it can't tell that you're killing it in cycling class.) Amiigo, a combo waterproof wristband and shoe clip, aims to address these limitations. It can guess what you're doing and count reps and sets, says co-founder Dave Scott. "Each movement creates a thumbprint, and we look for the closest match in the database," he explains. It'll come loaded with most basic exercises, and users can record and add their own.



Shine (\$99, Misfitwearables.com)

Most tracking products are made of plastic and rubber, which clash with business attire. That's why Misfit Wearables made a metal tracker. It's the size of a stack of two quarters and can be worn on a wristband, a necklace or a clasp (which you can attach to a shoe, bra or pants). "Our internal design principle is you'd wear it even if it was broken," says co-founder and chief executive Sonny Vu. Customers can expect at least four months of use before they need to change the watch battery.

Let's Move (the Dates)

NBC4's Health & Fitness Expo gets a later start this year

Instead of staging the NBC4 Health & Fitness Expo (Nbc4healthexpo.com) right after people make their New Year's resolutions, the station is trying something different this year: holding it right after people have completely given up on those resolutions.

A busy inauguration schedule in January persuaded the organizers to push back the annual event — one of the largest free shows of its

kind — to this weekend. It also gave them a little extra time to prepare for the expo's 20th anniversary.

The event got its start, NBC4's Matt Glassman says, because of community demand: "Our station had a lot of folks reaching out to promote health and wellness. And we have a big megaphone here."

Several of those folks, including MedStar Health, CareFirst BlueCross BlueShield and Howard University Hospital, have been involved every year. They've been joined by an expanding list of exhibitors — more than 250 booths will be set up at the Washington Con-



COURTESY NBC4

This weekend, Zumba classes are on the schedule throughout the expo.

vention Center (801 Mt. Vernon Place NW) on Saturday and Sunday between 9 a.m. and 5 p.m.

"The list of things you can get screened for goes on and on. Get your kidneys checked, blood pressure, glaucoma, diabetes," says Glassman, who's heard several stories of lives that have been saved thanks to the smorgasbord of free medical tests.

What makes the experience never feel like a visit to the doctor's office is all of the other programming. New for this year are a zip line and a kid's obstacle course. That's in addition to rock climbing,

tennis, soccer, golf, a walking track and a marathon of Zumba classes. The various stages will showcase a variety of fitness activities (including kettlebells, fencing and belly dance) and cooking techniques.

There are forums to attend, with the station's news anchors moderating discussions on such topics as stress, weight loss and allergies. There are celebrities to see — contestants from "The Biggest Loser," Redskins players and other special guests. And there is free stuff to collect from the booths, which often hand out goodies to encourage people to stop by.

"There's something I learn about every year," Glassman says. Maybe this time it'll be whether the expo should move to March permanently. VICKY HALLETT (EXPRESS)

Coming Up

Doonya DVD Master Class

YMCA ARLINGTON, 3422 N. 13TH ST.; 2:30 P.M. SUN., \$35; DOONYA.COM

To celebrate the launch of the three-DVD set "Doonya: The Bollywood Dance Workout," Kajal Desai and Priya Pandya are hosting a joint master class devoted to their Indian dance-inspired workout program. Space is limited. Admission includes an autographed copy of the DVDs. Doonya devotees are also invited to the official launch party at 7 p.m. Saturday at Look Restaurant and Lounge (1909 K St. NW). The free event for ages 21 and up will feature special performances.

Rock 'n' Roll Marathon Health & Fitness Expo

DC ARMORY, 2001 E. CAPITOL ST. SE; NOON-7 P.M. THURS. AND 10 A.M.-7 P.M. FRI.; FREE; RUNROCKNROLL.COM; COMPETITOR.COM/USA

Even if you're not running in Saturday's big event, you're invited to scope out the 60-plus retailer booths at this pre-race expo. On both days at 1 p.m., former Congressman Jim Ryun — who's also an



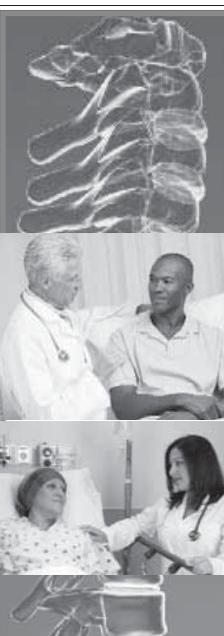
Anyone can run over to the expo before the Rock 'n' Roll Marathon, above.

accomplished track athlete and Olympic medalist — will speak.

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Forget about green beer. Instead, go for green turf. That's the surface you'll be passed out on after marking St. Patrick's Day with a 30-minute circuit workout set to Irish jams. Anyone is welcome to come by, and no reservations are required.



Treating Severe Cancer Pain



The purpose of this research study is to investigate the safety and effectiveness of a new treatment for unmanageable pain in patients with advanced cancer.

Description of study:

- In this study, the research drug will be injected directly into the fluid surrounding the spinal cord. This is the first trial in humans where this drug is injected into the spinal fluid.
- Studies in animals have shown pain relief after the spinal administration of this treatment.
- The study involves up to eight visits to the National Institutes of Health Clinical Center in Bethesda, Maryland. There will be one inpatient visit that will last two to three days; the rest will be outpatient visits lasting four to six hours. There will be a screening visit, a treatment visit and four follow-up visits, which occur beginning seven days after treatment. The participant will also be followed by telephone for approximately seven months after the treatment visit.

You may qualify if:

- You have a diagnosis of advanced cancer.
- You are age 18 or older.
- You are unable to relieve your pain with medication.
- The pain you are experiencing is at or below the level of your chest.

You may not qualify if:

- Your pain is not caused by cancer.
- You cannot have a MRI (magnetic resonance imaging) scan.
- You have allergies to chili peppers or capsaicin (e.g., causing hives).
- You are pregnant.

There is no charge for study-related tests.

Travel costs may be reimbursed.

**For more information,
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Refer to study # 09-D-0039
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Sticking Around
Contrary to rumors,
Elisabeth Hasselbeck
is keeping her 'View' **31**

Sound Bets



ROIR RECORDS

Playing Our Song

A debate is raging in Massachusetts' state house: What will be its official state rock song?

In the past month, two bills have come before the legislature — one promoting the Modern Lovers' 1976 protopunk cult favorite "Roadrunner,"

and one boosting Aerosmith's 1973 torchy "Dream On."

Washington, D.C., does not have an official song, according to the Office of the Secretary under the Executive Office of the Mayor. Our official flower is the American Beauty rose. Our official tree is the scarlet oak (oddly, not a cherry tree). Our official bird is the Wood Thrush (oddly, not the pigeon). Alas, no song.

That means blasting these home-grown contenders out our car windows will make them official by default: Bad Brains' (above) 1982 punk freakout "Banned in D.C." Mambo Sauce's 2007 go-go jam "Welcome to D.C." The Nation of Ulysses' 1991 screamo serenade "You're My Miss Washington, D.C." Of course, Parliament's 1975 classic "Chocolate City" (they started in New Jersey, but the Smithsonian owns the P-Funk Mothership, so I say it counts). And there's the Magnetic Fields' 1999 ode "Washington, D.C." but that band's from ... Massachusetts.



Connect with Shauna and Sound Bets on Twitter: @Shaunajmiller.



By Shauna Miller



COURTESY KASEY MUSGRAVES

The Real Deal

Rising country star Kacey Musgraves taps the tipping point of youth in her songs

Music

Instead of cowboy boots, Texas native Kacey Musgraves wears black high tops with skinny jeans, an itty-bitty nose ring and sunglasses with lenses the size of beer coasters, the kind of shades that make her look like anyone other than the country star she's about to become.

The 24-year-old's magnificent new album "Same Trailer, Different Park," out March 19, contains some of the most straightforward storytelling you could ever ask of a dozen country tunes. No bells, no

whistles, no throwaway lyrics — just 12 pithy singalongs, often beautiful, sometimes brilliant.

Growing Pains

Of any hit that's cracked the country music airwaves in a decade, "Merry Go Round," about the psychic vise grip of small-town living, feels the most "real" — a word that the rest of America haphazardly lobs toward Nashville as a synonym for "authentic." Or "idealized." Or "anything Taylor Swift says."

Her tunes are set in trailer parks and roadside diners, but her music doesn't evoke a sense of place so much as a time in life — that sobering stretch of 20-something when your idealism first starts going sour.

"It's like I saw behind the curtain, and nobody's an adult," Mus-



Kacey Musgraves

Same Trailer, Different Park

graves says. "We're all [in trouble], we're all in this together, we're all big kids trying to figure it out."

Early Beginnings

"She started singing, or wanting to sing, at the age of 8," says her mom, Karen Musgraves. "That was right around the time that LeAnn Rimes came out with 'Blue,' and all the kids wanted to learn to yodel."

She moved to Austin after graduating from high school in 2006, and then to Nashville, where she landed a spot on the 2007 season of "Nashville Star," the since-can-

celed singing contest on USA Network that kick-started Miranda Lambert's career in 2003.

Musgraves finished in seventh on the show but refused to retreat, supporting herself with odd jobs.

"Fame freaks me out. Do you just wake up different? I don't know how to scale it back if it gets too crazy."

Since then, she's opened for Willie Nelson, traveled to Europe with Lady Antebellum and will tour with Kenny Chesney (including a stop at FedExField on May 25) deep into this summer.

Hold the Poetry

A song begins whenever a phrase pops into her head, lands on her ear or, best case scenario, jumps out of her mouth.

"I just want [my lyrics] to sound like something I'd say in a conversation," she says. "And once you have lyrics, you know what kind of music should go with that vibe. You have a snowball you can pack around."

Good metaphor. A Kacey Musgraves song is clean, simple, compact. Throw it at someone and you'll certainly get their attention, maybe even hurt them, but not too bad.

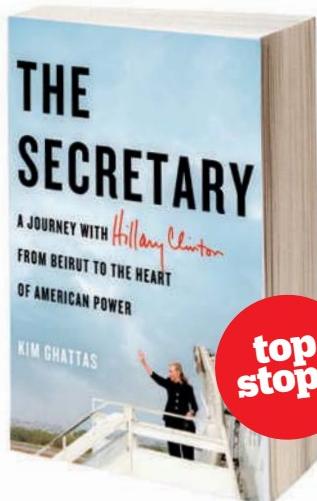
"And don't make it poetic," Musgraves says. "It's the John Prine school of songwriting. Literally just [really] say how it is. And it wins every time. Too many people focus on writing what they think they should write, what should be in a song, what radio would want. [Forget] that, that's so boring."

CHRIS RICHARDS (THE WASHINGTON POST)



Zombie Nation, Explained: Zombies seem to be everywhere, which, according to Clemson University professor Sarah Lauro, is part of a historical trend that mirrors a level of cultural dissatisfaction and economic upheaval. Lauro studied zombies in pop culture (especially "zombie walks," where people dress like zombies) and says she found that "We are more interested in the zombie at times when as a culture we feel disempowered." (AP)

entertainment lookout



top stops

1 All Hail Hillary

Now that Hillary Rodham Clinton is definitely-almost-certainly-probably going to run for president in 2016, it's time you got to know her. Check out Kim Ghattas' book "The Secretary" — or hear Ghattas talk tonight. The book's an account of the author's time traveling with former Secretary of State Clinton and a deep and nuanced portrayal of Hillary as diplomat. *Politics and Prose, 5015 Connecticut Ave. NW; Tue., 7 p.m.; free; 202-364-1919, Politics-prose.com. (Van Ness)*

2 Wood You Care To Join Us?

Plywood was invented in Sweden — we suppose we could have guessed that, from its ubiquitous presence as Scandinavian-named college dorm furniture. It can also be a medium for large-scale sculpture, as the Norwegian architecture firm Snohetta has done for the exhibit "SUP-PLYWOOD," which closes at the end of this week. *Kennedy Center, 2700 F St. NW; through Sun., free; 202-467-4600, Kennedy-center.org. (Foggy Bottom)*



CHRISTOPHER POLK/GETTY IMAGES

3 The Only Girl In the World

There isn't much new to say about Rihanna these days — either you love her or you don't (likely thanks to Chris Brown). But even the biggest Rihanna detractors can admit the girl knows pop music. Ever since "Umbrella" in 2007, she's released hit after hit after hit; her live shows feel like a radio station. *1st Mariner Arena, 201 W. Baltimore St., Baltimore; Tue., 7:30 p.m., \$35-\$125; Baltimorearena.com.*

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lookout TV tonight

Televised Home Movies

The 'Duggars Do Asia' — and it's not clear why we should care

Reality

TLC 9:00 When asked why his movies weren't more like "real life," director Alfred Hitchcock once replied, "What is drama but life with the dull bits cut out?" Too often, reality television is nothing but the "dull bits."

Dull is precisely the word to describe "19 Kids and Counting: Duggars Do Asia." For the uninitiated, the Duggars are a family from Arkansas. Parents Jim Bob and Michelle have 19 children, and all have names that begin with "J" — from the eldest, Joshua (age 25), to the baby, Josie Brooklyn.

We watch while the huge brood packs for the trip to Japan. The cost of the adventure or the purpose of the trip are never discussed. Nothing is ever discussed. We're too busy watching them pack. And



The Duggar family — all "19 Kids and Counting" — vacation at the Great Wall of China.

eat waffles on their way to the airport. And arrive at the airport. And sleep on the plane. And walk through the airport again on the other side of the world.

If anything qualifies for Hitchcock's definition of "the dull bits," it's these banal scenes of brazen ordinariness presented with infantile cheerfulness. Look! A big family is walking up to the baggage carousel! What an accomplishment!

Although this show is presented as good, clean, wholesome fun with a religious (be fruitful and multiply) backdrop, it comes off as more than slightly decadent.

There's something rather sad about all these little Duggars — Jessa, Jinger, Jackson, Jennifer — being set up and exhibited as post-modern performance artists for us to consume as entertainment.

KEVIN McDONOUGH (UNIVERSAL UCLICK)

BEST BETS

**ABC
9:00**

The Taste The freshman cooking competition sets the table for a final meal as the four remaining contestants compete to create the perfect three-course meal. Washington-based chef Jose Andres, right, serves as guest mentor in the season finale.



**CBS
9:00**

NCIS: Los Angeles When the body of a recently retired Marine turns up at a bomb-making facility in Afghanistan after a drone strike, the NCIS team attempts to determine what he was doing there and which side he was on.

**SYFY
9:00**

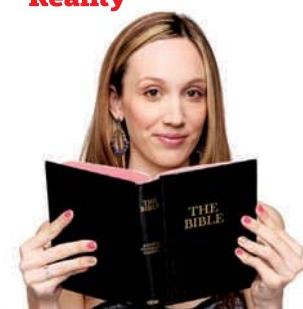


Face Off McKenzie tells the remaining contestants their next challenge is based on the "Evil Dead" franchise — specifically, creating Egyptian god mummies inspired by the movie. Actor Bruce Campbell, left, star of the franchise and executive producer of the upcoming remake, is on hand to offer guidance.

**TBS
10:00**

Cougar Town Andy intervenes when Laurie's conflicted feelings for Travis bring out her violent side. Bobby's luck changes when he has a fling with the girl of his dreams. (TRIBUNE MEDIA)

Reality



Religious Freedom

The new reality series "Preachers' Daughters" (10 p.m., Life) examines the lives of three teenage girls (including Olivia Perry, above) whose parents are religious and community leaders. Cameras follow the girls as they balance the temptations every teenager faces with their parents' (and their faith's) strict expectations and code of conduct. The show also leaves no cliche unturned. (UU)

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PRODUCTION

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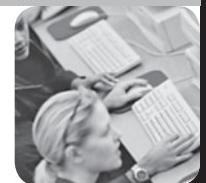


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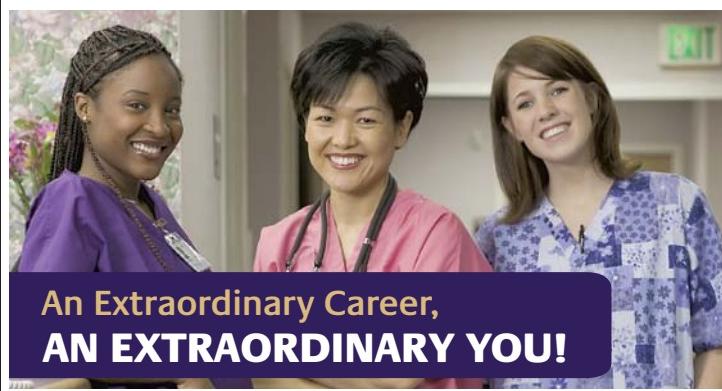
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<p>Concerts, movies, events, restaurants and more.</p> <p>readexpress.com</p> <p>XX740c lxt.5</p>	<p>HYATTSVILLE QUEENSTOWN APARTMENTS</p> <ul style="list-style-type: none"> • Renovated Units Available (Limited Supply) • Beautiful Hardwood Floors • FREE After School Program • Fitness Center, Business Center & Computer Lab • Close to Metro, Shopping, Schools, Howard & Univ. MD • Senior, Gov't. & Student Discounts. <p>CREATE YOUR OWN RATE & MOVE-IN DATE!</p> <p>OPEN SUNDAYS 10-5PM 3301 Chillum Rd, Mt. Rainier, MD Queenstownapts.com • 888-759-9112</p>	<p>HYATTSVILLE Start the New Year at University City Apartments</p> <p>Hyattsville's BEST KEPT SECRET!</p> <p>1 BEDROOM'S FROM \$869 2 BEDROOM'S FROM \$1119</p> <p>PERFECT FLOOR PLANS! PERFECT LOCATION! LET US FIND YOU THE PERFECT HOME!</p> <p>(866) 405-6986 SOME RESTRICTIONS APPLY WWW.UNIVERSITYCITYAPARTMENTS.COM</p>	<p>NEW CARROLLTON - 1 bedroom, 1 bath garden style with carpet, \$950 + electric. Near Metro. For details call 301-357-5406</p> <p>OXON HILL - 3BR, 2BA, eat-in-kitchen, fenced back yard, basement, near Bus Line & Wash Harbor. \$1,650. 301-283-0382</p> <p>DC Rider METRO NEWS ON YOUR iPhone AND ANDROID - DOWNLOAD FREE.</p>	<p>Shadyside Gardens</p>  <p>1 BR Special \$799* 2 BR Special \$949*</p> <p>Must move In By March 31st</p> <p>Ask About Our Second Chance Approval Program</p> <p>Amenities</p> <ul style="list-style-type: none"> • Large Walk-In Closets • Washer & Dryer in every apartment home • Wall-to-Wall Carpet • Private patio or balcony • Pet Friendly <p>2 Blocks from Metro! Call us! 301-735-5000 SGA@Finesagroup.com</p> <p>CALL TODAY</p> <p>readexpress.com</p> <p>XX740c lxt.5</p>												

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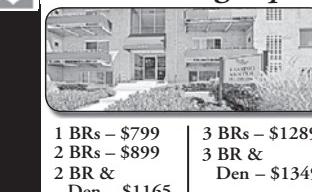
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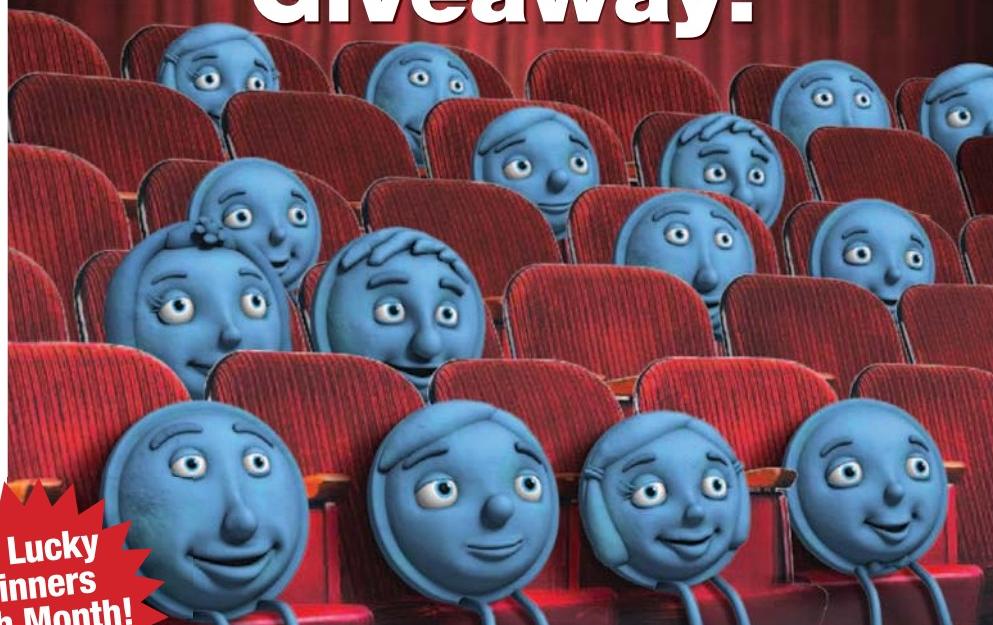
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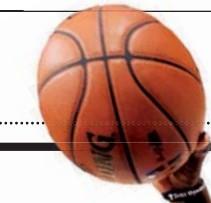


23rd St., NW between M & N

The Washington Post

If you don't get it, you don't get it.

lookout online



"FLOTUS also received plenty of charming questions about her appearance at the Oscars, her physical appearance, and the cost of upkeep at the White House, which apparently became a Thing only after a black family moved in."

GARY LEGUM AT WONKETTE.COM summed up what it was like for first lady Michelle Obama to field questions on Twitter on Monday, with the hashtag #AskFLOTUS.

"Some people are so rude. Really, who sends an email or text message that just says 'Thank you'? Who leaves a voice mail message when you don't answer, rather than texting you? Who asks for a fact easily found on Google?"

NICK BILTON AT BITS.BLOGS.NYTIMES.COM explains why in an era of digital communication, many social norms of etiquette have changed.

"Ah, spring! Daffodils bloom in the fields! Birds sing in the trees! Neighbors start calling the police about the outdoor drinking!"

@ASYMMETRICINFO facetiously points out the advantages to the weather warming up in D.C.

"So has D.C. reached peak artisan-locally-sourced-Oyster-bars-named-after-PJ O'Rourke-books' yet?"

@BENHARRIS_1 reacts to news that a new oyster bar named Eat The Rich will be opening in the 1800 block of Seventh Street NW, according to Popville.com.

"DeAndre Jordan has a ton of limitations as a player, but Jesus — when the man wants to dunk on you, he's going to dunk your face off. Literally. Seriously can someone check on [Brandon] Knight?"

MIKE DYER AT CELTICSLIFE.COM was blown away by Clippers center Jordan's thunderous slam over the Pistons' Knight, which garnered a lot of attention on the Internet on Sunday night.

Are ALCOHOL and ANXIETY taking over your life?

YOU MAY BE ELIGIBLE FOR A RESEARCH STUDY testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

You may be eligible for the study if you:

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- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can't

Participants will:

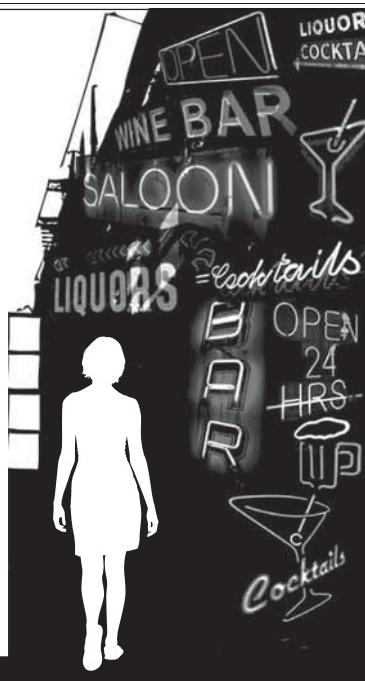
- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
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HOROSCOPE

PISCES (Feb. 19-March 20) You're likely to need someone close to you more than they need you. Don't fail to describe what you're doing in accurate detail.

ARIES (March 21-April 19) You may have to give away a little more information than you had originally planned on, but you'll have someone's attention.

TAURUS (April 20-May 20) Your ability to solve a riddle comes in handy. You're not likely to get a second chance, so work quickly and efficiently.

GEMINI (May 21-June 20) It is very likely today that the best way you can be of help is to get out of the way—at least until someone else has laid the groundwork.

CANCER (June 21-July 22) You may be surprised at the level of emotional investment you have put into a current endeavor. You really want to win this one!

LEO (July 23-Aug. 22) There's very little else you can do but stand by and watch things unfold. Trying to take control of the situation can work against you.

VIRGO (Aug. 23-Sept. 22) You're going to want to keep an eye on the goings-on around you; you can learn a thing or two from the way a novice does things.

LIBRA (Sept. 23-Oct. 22) The choice to fight for another's cause is likely to come quite easily to you, as you believe in the good it can do.

SCORPIO (Oct. 23-Nov. 21) You know what is making people do what they do all around you; that keen instinct will result in tangible rewards.

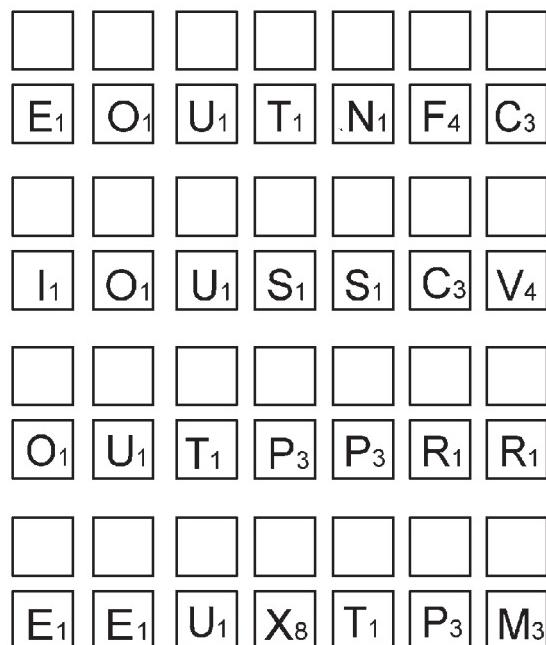
SAGITTARIUS (Nov. 22-Dec. 21) What happens when you throw caution to the wind can prove quite educational—recovery from any negative effects can be quick.

CAPRICORN (Dec. 22-Jan. 19) You're likely to get around with greater ease today than expected; your ability to avoid the most congested routes helps.

AQUARIUS (Jan. 20-Feb. 18) Starting something new can open up a great many opportunities for you. A helper surprises you with an announcement.

Scrabble Grams

PAR SCORE 160-170, BEST SCORE 234



Triple Word Score

2nd Letter Double



Yesterday's Solution

F ₄	O ₁	O ₁	T ₁	W ₄	A ₁	Y ₄	RACK 1 = 98
B ₃	O ₁	T ₁	C ₃	H ₄	E ₁	D ₂	RACK 2 = 66
S ₁	T ₁	A ₁	N ₁	D ₂	B ₃	Y ₄	RACK 3 = 63
T ₁	E ₁	M ₃	P ₃	E ₁	R ₁		RACK 4 = 10
							TOTAL 237
							PAR SCORE 150-160

FOUR RACK TOTAL

Make a 2-7-letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

			9	1	3			
8			3	4	6	7		
3			5	2		8	6	
	5	8		9	4			
	2	4		6	5	3		
	1	7		6	2		4	
	6	4	3	5			7	
	5	8		7				

Yesterday's Solution

2	3	5	6	9	7	4	1	8
8	9	7	5	1	4	2	6	3
4	1	6	8	3	2	5	9	7
3	6	9	2	7	8	1	5	4
7	8	2	1	4	5	6	3	9
5	4	1	9	6	3	7	8	2
1	2	8	7	5	9	3	4	6
6	7	3	4	8	1	9	2	5
9	5	4	3	2	6	8	7	1

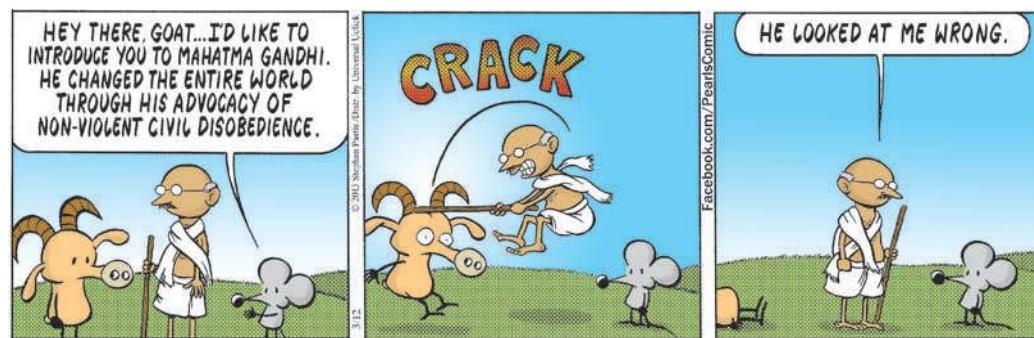
Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast



Today: Periods of rain this morning. Cooler tonight.



Tomorrow: Breezy tomorrow; an afternoon shower. Mainly clear tomorrow night.

Looking Ahead



46 | 28 51 | 37 56 | 37

Sun and Moon

Sunrise today: 7:24 a.m.
Sunset today: 7:12 p.m.
Moonrise today: 7:31 a.m.
Moonset today: 8:26 p.m.

Almanac

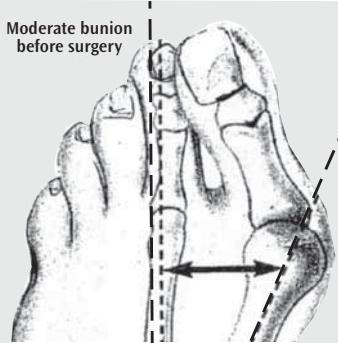
Normal high: 54
Record high: 78
Normal low: 36
Record low: 15

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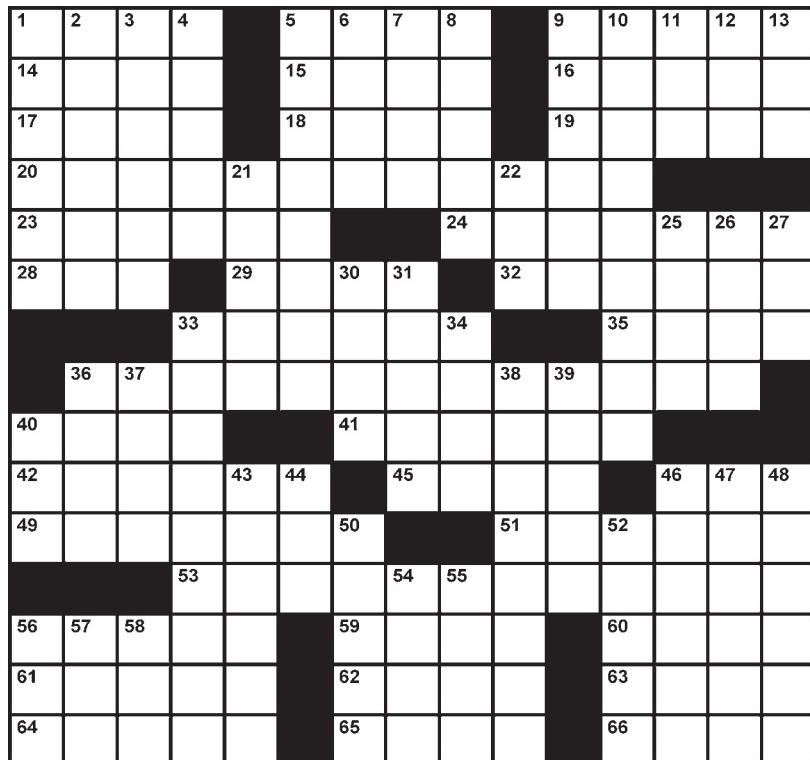
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lookout puzzles

Crossword

SAGE THOUGHT



EDITED BY TIMOTHY E. PARKER

- | | | |
|---------------------------------------|----------------------------------|--------------------------------|
| 4 Biggest city in Nebraska | 31 Jazz genre | 55 Prefix for "sol" or "space" |
| 5 Invite punishment | 33 Concerned with sacred matters | 56 Elected ones |
| 6 Choice of courses | 34 Lyric sung by Doris Day | 57 AA candidate |
| 7 Allowance after tare | 36 Women hate it when they run | 58 Whirlpool site |
| 8 No-___ (gnat) | 37 Dinner crumbs | |
| 9 Romano or Swiss | 38 Associate on the job | |
| 10 Physical property of inflexibility | 39 Enlarged area on a map | |
| 11 Commit a faux pas | 40 Can opener | |
| 12 The Carolinas' ___ Dee River | 43 Stick | |
| 13 Wintertime in D.C. | 44 Pasture | |
| 21 Endow, as with a quality | 46 Bring about | |
| 22 BBQ serving | 47 Acts the coquette | |
| 25 Fairy-tale baddie | 48 Most like a fox | |
| 26 Depilatory brand | 50 Take a whiff of | |
| 27 Fraternal fellow | 52 Circus Maximus attendee | |
| 30 Basic unit for the elements | 54 Pedestal percher | |

Yesterday's Solution



TODAY IN HISTORY

1923 Inventor Lee De Forest publicly demonstrates his sound-on-movie-film system, called "Phonofilm," in New York.

1933 President Franklin D. Roosevelt delivers the first of his 30 radio addresses that came to be known as "fireside chats."

1951 "Dennis the Menace," created by cartoonist Hank Ketcham, makes its syndicated debut in 16 newspapers.

express



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VALUATION

Claim to Be Handled by 'Adolescent Fantasy Mutual'

Jennifer Love Hewitt, 34, told USA Today that she would consider buying insurance for her breasts. "These things right here are worth \$5 million," she joked of her 36C chest. She said that wearing lingerie so often on her Lifetime show, "The Client List," has led her to be a "big baggy sweatpants girl" in real life. (EXPRESS)

PARENTING

Alice Reverts to Fallback Career as Princess Astronaut

Tina Fey's 7½-year-old daughter, Alice, "lost her mind" over Oscar nominee Quvenzhane Wallis while watching the Academy Awards, according to People magazine. The actress said her daughter shouted: "There's a 9-year-old? There's a 9-year-old!?" Fey says she has no intention of letting her daughter enter show business. (EXPRESS)



Tina Fey tries to hide the terror that her daughter will end up like this poor girl.

Rumors

**'We Just Hate Her Loud Whiny Laugh'**

Elisabeth Hasselbeck is staying put as a co-host of "The View" despite reports insisting otherwise. On Monday's edition of the ABC daytime talk show, series co-creator Barbara Walters said, "We have no plans for Elisabeth to leave." She also denied reports that Hasselbeck has lost favor with "The View" for her conservative politics. (AP)



These women had dreams of being classical ballerinas, but life is cruel.

THEO WARGO/GETTY IMAGES

GLAD YOU DIDN'T GO INTO STAND-UP, JUSTIN

'It's a Gas! Get It?'

Singer Justin Bieber has finished up a week of strange antics in London, but Us Weekly reports a possible explanation for one of his recent quirks — the penchant for wearing a gas mask in public: "All his friends take turns wearing it as a joke to throw off the paparazzi," said the magazine's anonymous source. "It's not a serious thing; they're just having fun around London with it." On Sunday, Bieber canceled a concert scheduled for Tuesday in Lisbon, Portugal. (EXPRESS)

LESSER BALDWIN
Being Stephen Baldwin Is Punishment Enough

A defense lawyer says prosecutors are not seeking jail time for actor Stephen Baldwin, the youngest of the four acting Baldwin brothers. Baldwin is accused of skipping New York taxes in 2008, 2009 and 2010. The district attorney said Baldwin owed more than \$350,000 in tax and penalties. Baldwin's attorney says the star can resolve the case without jail time. (AP)

"I don't really have any value on marriage. I mean, I guess it would be fun to do for the sake of it once."



— CHELSEA HANDLER, WHO TOLD OPRAH IN AN INTERVIEW THAT SHE DOESN'T WANT CHILDREN AND THAT SHE'S SATISFIED MOTHERING HER DOGS

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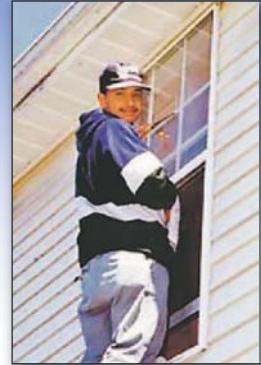
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